

**IRIDIUM
SPA**



ST REGIS
MALDIVES ♦ VOMMULI



ALLOW ME

DR. SUDHI SURESH

Ayurvedic Physician and Spa Manager

"I believe what Buddha said: 'The mind is everything. What you think, you become.'" – Dr. Sudhi

Dr. Sudhi Suresh is an Ayurvedic Physician and Spa Manager at The St. Regis Maldives Vommuli Resort. He is a third-generation expert in his family and has 10 years of experience in wellness and lifestyle consultation, holistic & aesthetic treatments. He specializes in Ayurveda, Pulse Diagnosis, Yoga, Meditation, Chakra Balancing, Acupuncture & Moxibustion and Detoxification Programs such as Panchakarma.

Dr. Sudhi received his Bachelor of Holistic, Ayurvedic Medicine & Surgery (BAMS) from KVG Ayurveda Medical College in India and has earned Diplomas in Spa Management and Body Therapy from Ananda Spa Institute. He furthered his experience and skills with training in Acupuncture & Moxibustion and Reiki and received additional diplomas in Nutrition, Yoga & Meditation and Facial Electrical Treatments & Body Massage and Anatomy from Shawn Academy, Sivananda International Yoga Vedanta Centre in the Himalayas and Physiology CIBTAC in the United Kingdom.

AMRUTHA BALACHANDRAN

Resident Yogini

Amrutha is a passionate Naturopathy Doctor with over six years of experience in Yoga and Acupuncture. She holds a Bachelor's degree in Naturopathy and Yogic Sciences from India. Amrutha's professional background includes conducting personalized wellness consultations, administering acupuncture treatments, and teaching various yoga classes such as Hatha Yoga, Ashtanga Vinyasa, Power Yoga, and Chakra Meditation with great enthusiasm.

Additionally, she offers nutritional advice to promote optimal health and well-being. Prior to joining St. Regis, Amrutha worked at Prakrithi Soukhyam in Kerala, India as a wellness consultant. She has a talent for creating tailored wellness plans that cater to the unique needs of individuals, ultimately enhancing their overall well-being.

TRIIWAHYUNI

Resident Yogini

Triwahyuni is the Resident Yogini at The St. Regis Maldives Vommuli Resort. Fluent in Indonesian and English, she is highly skilled from her years of training as a Trigger Point Therapy and Chakra Treatment Specialist and an expert in Balinese massage and has the ability to teach yoga for even beginner levels. She provides superior quality service, maintains privacy and confidentiality of valued guests and can assess and cater to their individual needs.

Prior to joining The St. Regis Maldives team in 2016, Triwahyuni worked as a Spa Therapist at The Amerta Spa in Nusa Dua Bali, Hilton Iru Fushi Resort, and most recently the Shangri-La Vilingili Resort and Spa Maldives. She received her certification as a spa therapist from the Bali International Spa Institute and Yoga Siromani training (Hatha Yoga) at The International Sivananda Yoga Vedanta Centre in India. When not working for the award-winning luxury resort and practicing yoga, she also enjoys reading, singing, watching TV and listening to music.

Triwahyuni believes the famous words by John Rohn: "Take care of your body. It is the only place you have to live in."



IRIDIUM SPA MALDIVES

Literally meaning 'of rainbows,' the word 'iridium' comes from the Greek mythological goddess Iris, who transcends sea and sky as a messenger and is manifested as a rainbow. And today, iridium itself is one of the most precious and rarest elements on earth.

A transition metal of the platinum family, iridium is the second most dense element in the world and is ten times less abundant than platinum. Rare and refined from arrival to departure, Iridium Spa provides guests with the rarest of luxuries: time.

It is here where guests can enjoy exclusive access to one of the world's most coveted benefits. Time dedicated to you. Whether for half an hour or half a day, it is about the individual moments that are tailored precisely to you - guiding you through a spectrum of moods - whether you wish to be energized, simply wind down or completely tailor your own experience.

COUPLE'S RETREAT

YIN & YANG

ROMANTIC TOUCH

90 minutes | USD 600 per couple

Created for couples, this treatment harmonizes and pleasantly balances the flow of chi from within through the therapist's deep rhythmic strokes. Complementing Yin and Yang oils play off of the female and male energies as it's applied through the island's natural banana leaves. With romance being one of the first energies to suffer as life's demands take their toll, the YIN & YANG massage can help bring excitement back into the relationship by aiding in complete relaxation in a soothing environment. During the experience, guests can opt to reconnect with one another by engaging in conversation or simply enjoy the healing power of touch as they quietly share this special time together.

CHAMPAGNE TOAST

CONNECT & HARMONIZE

120 minutes | USD 850 per couple

Spend time connecting with your loved one through our Champagne toast couple's spa treatment. Starting with a luxurious foot soak, feel your body relax as the soft bubbles of Champagne float down your body through a soothing gentle massage. Then indulge in a rejuvenating grapeseed oil scrub, high in anti-oxidants that help tone the skin and increase circulation. Followed by a detoxifying body mask using white clay infused with Champagne and end the treatment with a romantic rose-petal bath, glass of Champagne in hand and the soothing sounds of the waves below.

RITUALS

LUXURIOUS CAVIAR JOURNEY
210 minutes | USD 850 per person

Begin the journey with a deep breathing exercise, an exfoliation using bamboo and fruit enzymes, and a stimulating body buffing technique to refine texture and brighten skin. Utilizing anti-aging caviar proteins to firm, tone, refine, and deeply hydrate the skin, results are immediate, leaving skin looking supple, healthy and luminescent. This is followed by a therapeutic massage using the finest neroli oil enriched with magnesium to enhance the serenity of the mind and circulation as muscles relax and tension dissipates. The Caviar Journey concludes with a lavender bath whilst sipping a glass of Champagne, savoring delectable caviar, and gazing out at the Indian Ocean from your bathtub.

EXQUISITE MALDIVIAN HAFLA
180 minutes | USD 550 per person

Experience a splendid spa journey that begins with a soothing coconut milk foot soak and is followed by a gentle, tropical hibiscus body exfoliation to polish your skin to perfection. Be enveloped in a delectable Mococa body wrap, linger in your tropical dream whilst your skin is being restored and hydrated. Soak in a warm bath of revitalizing, tropical essential body oils while overlooking the Indian Ocean. Be transported to a blissful state of mind with an Iridium full body massage using natural Maldivian sea shells, warm virgin coconut oil and as you reach the end of the journey, let your mind float away with an enzymatic facial.



MASSAGES



IRIDIUM SIGNATURE MASSAGE
90 minutes | USD 320 per person

Indulge in a carefully tailored, signature spa experience which rejuvenates your senses and takes you into a tranquil bliss. Experience a fusion of traditional Asian techniques applied to your body with pure natural oils to feed your skin with vital nutrients. This is followed by a warm sand bundle from Vommuli Island's beach, which is dipped in virgin coconut oil, and rubbed over the upper back to penetrate organic minerals into the skin, relieve muscle tension, and improve blood circulation.

LAVA SHELL MASSAGE
90 minutes | USD 310 per person

A body treatment using tiger-striped clam shells as a massage tool, filled with lava gel and activator liquid to produce self-heating. The heat from the lava shells will gently relax and smooth away knots. The shells also give off calcium ions when heated, which transfers to your skin during the massage. Calcium can help to firm and regenerate the skin. The massage can boost circulation of blood and lymph, soothe aches and pains, and relax you.

ESSENCE OF BALI
60 minutes | USD 240 per person
90 minutes | USD 310 per person

A profoundly rejuvenating massage handed down from generation to generation using the unique technique of skin rolling, long kneading strokes, and natural aromatic essential oils. It renews and heals the inner mind and calms the muscles.

DEEP TISSUE MASSAGE
90 minutes | USD 310 per person

An intense massage focused on the deeper layers of tissue using aroma oil along with elbows and forearms to create firm pressure, as well as deep stroking and kneading movements. The cross-fiber technique ensures relaxation for deep-seated muscles. This treatment is ideal for active guests.

MASSAGES

THAI MASSAGE

90 minutes | USD 310 per person

A massage with a history of more than 2,500 years that is performed by stretching the body to relieve muscular tension as well as provide mental stability. This continuously choreographed massage concentrates on the energy line to synergize the healing process.

KU NYE MASSAGE

90 minutes | USD 350 per person

A Tibetan style of massage that focuses on the energy meridians using tapping which bring a lot of intention, tapping out negative energy then tapping in positive thoughts. This technique will help ground energy within our core.

KUNDALINI MASSAGE

90 minutes | USD 350 per person

A term for a spiritual energy or life force located at the base of the spine. This massage is deeply soothing and balances the nervous system which aims to weave together the masculine and feminine energy within you.

MOTHER-TO-BE

60 minutes | USD 240 per person

To achieve an overall sense of well-being, focus on yourself with this relaxing experience. It starts with a cleansing massage using a calming cream. The process also nourishes and softens your skin during the months when it needs extra care, giving a radiant appearance to the skin. This is the ideal treatment to prepare the skin for changes during pregnancy.



MASSAGES

BIOLOGIQUE RECHERCHE IRIDIUM JET LAG MASSAGE

45 minutes | USD 150 per person

90 minutes | USD 290 per person

Feel lighter and more energized after a long trip with this stimulating experience to boost circulation. This treatment features lavender oil, tsubaki oil, cottonseed oil and rosemary oil extract and includes a decongestant process that combines the wrapping of both legs and a lymphatic drainage massage. The extended session offers an additional head, shoulder and back massage.

BIOLOGIQUE RECHERCHE BESPOKE MASSAGE

60 minutes | USD 240 per person

90 minutes | USD 310 per person

This relaxing treatment provides mood boosting benefits and helps to alleviate stress. This experience begins with a deep massage of the stomach and body, guaranteed to restore balance, promote muscle recovery and relieve tension from head to toe.

BIOLOGIQUE RECHERCHE SKIN CARE TREATMENTS

Experience luxury at its finest with Biologique Recherche signature treatments. This wellness retreat approach to skincare allows guests to indulge in expertly curated regimens for the face, scalp and body that produce immediate results.

The Biologique Recherche Methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using pure, concentrated, raw ingredients, as well as advanced protocols and procedures. The fruit of four decades of experience, it is based on bespoke protocols adapted to the Skin Instant® of each individual. All treatments-suitable for men and women-encompass three fundamental stages: assessment, initialization and treatment.

First, the expert carries out a dermo-cosmetic diagnosis using The Skin Instant® Lab scientific-grade analysis machine to pinpoint the exact Skin Instant® and individualized needs. A thorough cleansing and massage follows and skin is prepped to receive the benefits of the treatment using the brand's iconic Lotion P50 and face mask. In the final stage, a tailor-made cocktail of serums and products with the highest concentration of active ingredients are applied to recondition the skin and enhance its potential for self-regeneration.

TREATMENTS

BIOLOGIQUE RECHERCHE SKIN INSTANT© LAB
30 minutes | USD 50 per person

The Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your Skin Instant© needs.

BIOLOGIQUE RECHERCHE CUSTOMIZED FACIAL TREATMENT

(Highly Recommended to include Skin Instant Lab Assessment Worth USD 50 before Facials)

Before receiving a Biologique Recherche Facial, an in-depth skin assessment using the Skin Instant© Lab is conducted. The therapists will determine which of the four boosters will be used in the tailored treatments, pending the results of the Skin Instant© Lab. These very technical products are combined with extremely targeted techniques to obtain immediately visible results. As their exfoliation varies, the booster must be chosen depending on the Skin Instant© and key benefits.

All facials include cleansing of the skin, a facial massage, exfoliation, face mask application and treatment with a tailor-made cocktail of quintessential serums to suit specific needs. To improve the synergistic absorption of active ingredients, the beautician complements manual stimulation.



BIOLOGIQUE RECHERCHE FACIALS

SUN CARE TREATMENT

60 minutes | USD 225 per person
75 minutes | USD 275 per person
90 minutes | USD 350 per person

This booster protects and repairs the skin from sun damage. Suitable for all, it guards skin from UVA and UVB light and soothes, repairs and nourishes it after sun exposure.

REVITALIZING TREATMENT - SOIN BOOSTER VIP 02

60 minutes | USD 225 per person
75 minutes | USD 275 per person
90 minutes | USD 350 per person

This detoxifying booster brightens and stimulates the outer layer of the skin, while reoxygenating tissue. Designed for dull Skin Instants®, with exposure to city pollution, it revitalizes the complexion, leaving a luminous and radiant finish.

MOISTURIZING TREATMENT - SOIN RESTRUCTURANT ET LISSANT

60 minutes | USD 225 per person
75 minutes | USD 275 per person
90 minutes | USD 350 per person

This reconditioning booster immediately provides a plumping effect to smooth the skin. Designed for all Skin Instants®, it has a draining action that leaves the face, neck and chest area toned to perfection.

TREATMENT - SOIN MC110

60 minutes | USD 225 per person
75 minutes | USD 275 per person
90 minutes | USD 350 per person

This booster blend helps to minimize wrinkles and fine lines. Designed for lackluster Skin Instants®, it leaves skin on the face, neck and chest area toned and refined.



BIOLOGIQUE RECHERCHE BODY TREATMENTS

REGENERATING TREATMENT - SOIN P50

PEAU NEUVE

60 minutes | USD 250 per person

Achieve smoother and more hydrated skin with this exfoliating and regenerating wellness session. This draining treatment uses techniques that improve the appearance of cellulite.

DETOXIFYING TREATMENT WITH ALGAE

90 minutes | USD 300 per person

This purifying massage is perfect for guests in need of a therapeutic cleanse and detoxification of the body. This treatment uses a wrap with algae and techniques that helps to eliminate toxins and improves microcirculation to restore balance and provide relief from fatigue and muscle pain.



CHAKRA BLESSINGS

MULADHARA

120 minutes | USD 400 per person

The root chakra – is located at the base of the spine. The root chakra anchors the spirit to the material world and the body to earth. A balanced Muladhara increases our inner wisdom so that we can start to hear our body's innate intelligence. It encourages us to attend to our need for nourishment, as well as enabling us to nourish others. Combining foot wash, frankincense smoke, singing bowls, a slow scrub and deep tissue massage with grounding vetiver, patchouli and jatamansi oils; this treatment calms body and mind, balances stress levels and creates a profound inner peace.

SWADHISTHANA

120 minutes | USD 400 per person

The sacral chakra – is located in the lower abdomen. It is the centre of our emotions and desires and governs fertility, self-worth and creativity. It is also associated with emotional balance, desire and pleasure. This chakra helps us to 'let go' and find a healthy balance in life. When it is functioning well, Swadhisthana brings enhanced emotional gratification, higher self-esteem and free-flowing creative energy. The Swadhisthana journey includes a warm coconut oil pouring over the chakras, a salt body scrub and a tuberose milk bath. This is then followed by a connected and restorative body massage and a hormone-balancing adaptogenic abdomen wrap. Using the oils of jasmine, rose geranium and patchouli, happiness is renewed and the desire for life and love is reinvigorated.

MANIPURA

120 minutes | USD 400 per person

The navel chakra - is located in the solar plexus. It is our centre of health and vitality and governs our capacity to grow and develop. A healthy third chakra exhibits energetic vitality. It gives us a firm grasp of who we are, filling us with personal power and enabling us to take on challenges, undergo risks, and dispel negative energies. This elevating journey floods the body with vital energy and inner warmth. An energizing body scrub, bio-energy mud wrap and a prana vitality massage help to restore positive feelings, renew strength and leave the skin brilliantly luminous.

CHAKRA BLESSINGS

ANAHATA

120 minutes | USD 400 per person

The heart chakra – is located in the chest. It is the centre of unconditional love and governs forgiveness, generosity and well-being. Balancing this chakra is important for the circulatory system, heart and thymus gland. A balanced heart chakra helps to free us, giving us the space we need to heal, and awakening us to unconditional love. It develops strength and immunity and nurtures peacefulness. This tender combination of foot wash, warmed poppy seed and salt scrub, lymphatic massage and healing heart work using rose oil and warmed rose quartz, gently reconnects the body and mind to inner peace and stillness.

VISSUDHA

120 minutes | USD 400 per person

The throat chakra – is located in the centre of the neck. It governs our communication and self-expression and is linked to creativity and honesty. It also encourages strong leadership. A strong throat chakra embodies the spirit of truth and intuition; when it is weak or low in energy, our thoughts become unstable and our sleep patterns are disturbed. This journey entails a purifying palo santo smoke ritual, cleansing body scrub, cocooning of nourishing body balm and a multi-layered, rejuvenating facial therapy. Using a synergistic blend of oils to awaken the blissful higher energy of the whole body, this very subtle facial will totally rejuvenate the skin with radiant energy as well as calming the mind, promoting restful sleep and dreams.

AJNA

120 minutes | USD 400 per person

The third-eye chakra – is located in the centre of the forehead. Responsible for physical sight, and spiritual insight, it also deals with perception and intuition, imagination, concentration and peace of mind. This treatment assists in opening the third eye, which allows us to continue to look, to see beyond, to perceive deeper patterns and meaning. This blessing involves guided breathing techniques to stabilize your Pranic energy and a pearl and jasmine scrub and pure amethyst body wrap to deeply relax the nervous system. This is followed by a delicate Ajna facial using precious gems, crystal elements and three types of gold to raise the spirit's vibration into the third eye. Light and sonic wave therapy treats the skin deeply and washes the internal screen of the third eye where memory, fantasy, imagination and images intertwine.



CHAKRA BLESSINGS

SAHASRARA

120 minutes | USD 400 per person

The crown chakra - is located at the top of the head. Sahasrara represents inner wisdom and as the point of entry for celestial energy - it is our connection to the cosmic universe. This blessing reconnects us to our inner light and to the interconnectedness of all beings. This enlightening and unifying treatment rejuvenates the nervous system through a sequence of chakra healing. Back massage and zone therapy on the head and feet channel energy from the heart of the earth to the higher self. We then focus on the region of the crown chakra, using a mini Shirodhara pouring over the third eye and crown to attract cosmic light in the body. To finish, pure rose and amethyst crystal cream is gently applied to the face with lymphatic massage techniques. The treatment is sealed with exquisite and sacred sound healing.

5 DAYS OF CHAKRA BLESSINGS

600 minutes | USD 1750 per person



HANDS AND FEET TREATS

OXYGEN HANDS

30 minutes | USD 100 per person

This deeply nourishing and relaxing hand massage will ease muscle tension in the hands caused by external aggressors. Discomfort will instantly disappear to reveal radiant, revitalized skin.

OXYGEN FOOT

30 minutes | USD 100 per person

Erase years of stress and reveal smooth, supple, and comforted skin. This hydrating treatment will deeply renew and replenish your skin.

FOOT REVIVER

45 minutes | USD 145 per person

Deep thumb strokes and pressure points utilizing energizing aromatic oils will nourish your skin and increase the energy flow in your feet. This restorative delight will repair and recover your feet from any tension.

BESPOKE BODY WRAPS

COCONUT AND VANILLA BODY WRAP

60 minutes | USD 200 per person

A deliciously fragrant body envelopment is used to enrich and soothe stressed skin for a relaxing spa experience that celebrates the richly fragrant bounty of Asia. During this exotic body wrap treatment, your body will be cocooned with tropical coconut milk, infused with pure natural vanilla - and a botanical mask, followed by an application of virgin coconut oil with a relaxing back massage to balance well-being.

SUN SOOTHER BODY WRAP

60 minutes | USD 200 per person

A curative and cooling blend of natural Aloe Vera, cucumber, and asparagus with herbal oil and pure lavender essentials will be applied to your body. Lavender body lotion will be applied on the body to complete the treatment.



BESPOKE BODY SCRUBS

REVIVING JUNIPER GLOW
60 minutes | USD 200 per person

Toning and deep cleansing organic salts will buff away dull, dry skin from the body using energizing and stimulating blends of pure juniper berry, cypress, and rosemary. After a rinse, juniper berry body lotion is applied to deeply hydrate and nourish your skin and to leave you feeling rejuvenated.

DAMASK ROSE RADIANCE
60 minutes | USD 200 per person

A mixture of Damask rose, rose geranium, and lavender with organic salts are swirled over your body to remove dead skin cells. This treatment will leave your skin soft, smooth, and glowing. After a rinse, nourishing rose body lotion is applied on the body to keep your skin smooth as silk and to harmonize your senses.



FACIALS

CAROLINE ASTOR

Age • Gold • Cellular

90 minutes | USD 300 per person

A delicate facial which nourishes the skin using Himalayan poultices and sonic wave resulting in a radiantly healthy complexion that glows with vitality. Precious gems, crystal elements and three types of gold are used to raise the spirit's vibration into the third eye.

CAVIAR ANTI-AGING FACIAL

90 minutes | USD 400 per person

Experience our age-defying skincare in the form of protein-rich caviar and powerful marine actives, to firm and refine skin tone and condition.

SLIM & TRIM

ANTI-CELLULITE & SLIMMING TREATMENT
150 minutes | USD 500 per person

(Includes body scrub, anti-cellulite massage and body mask)

Anti-cellulite and slimming body scrub is a gentle body exfoliator that cleanses, exfoliates and moisturizes the skin. It can improve blood circulation, stimulate and firm the skin, and enhance the renewal of cells.

Anti-cellulite and slimming massage is a full body massage that concentrate on legs, back, abdomen and upper arms which are common problem areas for many women and some men. This massage is energetic and invigorating. Helps with water retention and breaking down fatty deposits, aids poor circulation, increases metabolism and removes toxins.

Anti-cellulite and slimming body mask or wrap can help tighten saggy skin and reduce cellulite.

AYURVEDIC RITUALS

Ayurveda is an ancient Indian medicinal system, which is considered one of the most sophisticated and powerful mind-body health systems. More than a mere system of treating illness, Ayurveda is a science of life in which Ayur means life and Veda means science or knowledge. It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their complete human potential. At Iridium, we offer Ayurveda in its greatest form with pure recipes under the guidance of our Ayurvedic doctors and therapist. The treatments performed are completely authentic and the products used are pure and natural. All 2-hour treatments include an abhyanga full body massage.

ABHYANGA

75 minutes | USD 290 per person

An energizing and revitalizing massage for the entire body using warm medicated Ayurvedic herbal oils. The ritual enhances and nourishes the body and increases the immunity. This traditional Ayurvedic treatment is recommended for daily practice to adjourn the sign of aging.

SHIROABHYANGA

45 minutes | USD 160 per person

Known as champi, this head massage uses Ayurvedic herbal oils applied warm and performed gently but firmly over the head, neck, and shoulder areas. This immensely calming treatment will help in conditioning the hair and scalp guiding you to a sound sleep afterwards.

SHIRODHARA

120 minutes | USD 400 per person

Experience a blissful sense of inner peace through a treatment which involves pouring a steady stream of warm herbal oil onto the third eye chakra on the forehead. This ritual is performed always preceding the abhyanga treatment to prepare the body for an exceptional journey towards enlightenment.

CHOORNA SWEDA

120 minutes | USD 400 per person

This authentic massage is carried out using a bundle of herbs and power heated in medicated oil. The effective strokes of the bundle strengthen the muscle and tone the skin to eliminate harmful toxins through perspiration. This relaxing treatment is ideal for treating muscle aches and various diseases like arthritis.

AYURVEDIC RITUALS

NAVARAKIZHI

120 minutes | USD 400 per person

This deeply nourishing treatment using bundled navara, a variety of medicated rice enriched with vitamin E cooked in milk with herbs. The mellow strokes of the bundle feed the skin and cleanse the circulation channels, which removes metabolic waste to leave you with the softest skin.

JAMBIRA PINDA SWEDA

120 minutes | USD 400 per person

A refreshing blend bundled with fresh lime and grated coconut infused with Ayurvedic herbs and spices as well as castor oil to deeply nurture the skin. The bundle will be used warm to massage the body to enhance blood circulation, heal pigmentation, and reduce body aches.

UDVARTHANA

60 minutes | USD 260 per person

Refine and tone the body by exfoliating with warm Ayurvedic herbal powder rubbed in an upward direction over the body. This energizing method will improve the skin complexion, provide tremendous stress relief, and ultimate refreshment.

KATI VASTI

30 minutes | USD 120 per person

A fostering back treatment using warm medicated oil, which is pooled on a targeted area of the back, kati vasti uses this treatment to strengthen the muscles and ligaments that rope the spine. It deeply lubricates the joints and relieves lower back and spine related pains.

NASYA

30 minutes | USD 120 per person

This is one of the five Ayurvedic detoxification therapies used to clear the airways. The nose is the gateway into the head, sinuses, and deeper into the lungs. Nasya treatment commences with a forehead, neck, and face massage, followed by gently introducing a small amount of oil into the nostrils. The treatment enhances the mental and sensory acuity, promotes mental clarity, and emotional happiness.

Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.

KARNA POORANAM

30 minutes | USD 120 per person

The treatment includes a head, neck, and shoulder massage followed by the ears, which are filled with lukewarm herbal Ayurvedic oils. An essential treatment for lubricating the delicate ear canal, extricating impurities, refining hearing as well as a pure natural treatment for earaches, headaches, and tinnitus.

Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.



WELLNESS THROUGH AYURVEDA

7-DAYS AYURVEDIC WELLNESS PACKAGE
USD 2450 per person

- Initial consultation and six meetings with Ayurvedic physicians
- 3 private yoga classes
- 7 spa treatments (75-120 minutes daily)
- One private Anti Gravity Yoga class
- Ayurvedic cooking class
- Herbal medicines and tonics
- Complimentary yoga mat
- Private hydrotherapy session

14-DAYS AYURVEDIC WELLNESS PACKAGE
USD 4750 per person

- Initial consultation and six meetings with Ayurvedic physicians
- 6 private yoga classes
- 14 spa treatments (75-120 minutes daily)
- 2 private Anti Gravity Yoga classes
- Ayurvedic cooking class
- Herbal medicines and tonics
- Complimentary yoga mat
- Private hydrotherapy session

14/21 DAY WEIGHT MANAGEMENT
THROUGH AYURVEDA

A practical diet program combined with special Ayurvedic treatments, specific yogic exercises and weight management treatments. The package is individually designed to help you manage weight.

ACUPUNCTURE

This time-tested, 5,000-year-old traditional medicinal system promotes the natural self-healing process by stimulating specific acupoints in the body.

This authentic procedure relaxes the body, reduces pain, and increases body functions as well as effectively treating chronic or acute pain, migraines, sciatica, sports injuries, and more.

The goal of acupuncture is to unblock disorders in the flow of qi or life energy, which allows the body to heal itself. Our qualified acupuncture therapist identifies any issue through personalized consultations and will create customized sessions for you.



ACUPUNCTURE HEALING & WELLNESS JOURNEY

ELECTRO ACUPUNCTURE

60 minutes | USD 150 per person

This widely practiced form of traditional Chinese medicine restarts the flow of qi (energy) to keep the body in balance and promote healing from within. During this treatment, guests can experience the stimulation of specific pressure points through an electric pulse generated with tiny needles to loosen muscles, reduce pain and increase circulation. This invigorating boost offered in a relaxing environment is ideal for supporting workout recovery as well as overall health and well-being.

AURICULAR ACUPUNCTURE

45 minutes | USD 120 per person

This therapeutic treatment harmonizes qi (energy) by stimulating the acupuncture points located on the ears, a meeting point of all the energetic channels of the human body. Similar to reflexology, this technique helps with pain relief and calming the mind. Guests can enjoy this as a stand-alone experience or combine it with other whole body treatments to reinforce the therapy and enhance overall healing and benefits.

COSMETIC ACUPUNCTURE / FACIAL ACUPUNCTURE

Balance the body's systems with this treatment that targets excess puffiness and dull-looking skin by building qi (energy) and supporting circulation through acupuncture points on the face. Each package includes a personalized consultation, daily sessions and the option to amplify the experience with a coveted Caviar Facial. This age-defying skincare ritual features protein-rich caviar and powerful marine actives to firm and refine skin tone and condition for the ultimate wellness journey.

5 Day Package

USD 650 per person | USD 975 with addition for Caviar Facial (optional)
(includes personalized consultation + 4 sessions)

7 Day Package

USD 900 per person | USD 1250 with addition for Caviar Facial (optional)
(includes personalized consultation + 6 sessions)

14 Day Package

USD 1700 per person | USD 2000 with addition for Caviar Facial (optional)
(includes personalized consultation + 13 sessions)

ACUPUNCTURE HEALING & WELLNESS JOURNEY

INTERFERENTIAL THERAPY (IFT) & TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

60 minutes | USD 190 per person

This restorative electrotherapy treatment offers guests accelerated healing and repairing by stimulating body tissue using a range of tingling frequency currents. The rejuvenating experience helps to reduce fluid retention and provides a variety of additional wellness benefits including pain relief, increased (local) blood flow and improved muscle recovery.

BAMBOO CUPPING

60 minutes | USD 190 per person

The ancient form of alternative medicine provides optimum relaxation for guests while helping with pain relief, inflammation, blood flow and overall health and well-being. The process involves the application of special heated cups on the skin to create suction and act as a type of deep-tissue massage to release toxins from the body. The experience is offered in a soothing environment to unwind and achieve optimal health goals.

MOXIBUSTION

45 minutes | USD 165 per person

Experience this traditional Chinese medicine treatment to improve the flow of qi (energy) in the body in a private and serene setting. Relax with this technique that uses the heat from the burning moxa herb to facilitate healing. Placed on or near the body's meridians and acupuncture points, it stimulates these areas for maximum therapeutic effect.

ACUPUNCTURE HEALING & WELLNESS JOURNEY

EASE YOUR STRESS THROUGH ACU & AYU (3-5-7-14)

45 minutes | USD 165 per person

Decompress and rejuvenate with this uniquely curated program that combines Ayurveda and acupuncture treatments in a variety of special packages that work to ease stress, insomnia, anxiety and other psychological conditions. Ayurveda, an ancient Indian medicinal system, is considered one of the most sophisticated and powerful mind-body health treatments available. Guests can experience a 3, 5, or 7 day package complete with a personalized consultation, therapeutic acupuncture sessions, Ayurvedic ritual and Herbal Bath (7 days only), performed under the guidance of an Ayurvedic doctor and therapist for the ultimate R&R spa package.

3 Days Package

USD 400 per person

(includes personalized consultation,
2 acupuncture sessions + 30 min Shirodhara)

5 Days Package

USD 525 per person

(includes personalized consultation,
4 acupuncture sessions + 30 min Shirodhara)

7 Days Package

USD 850 per person

(includes 2 personalized consultations, 6 acupuncture sessions,
30 min Shirodhara and Herbal Bath Tub)

PAIN MANAGEMENT THROUGH ACUPUNCTURE

45 minutes | USD 165 per person

Guests can enjoy a series of therapeutic and rejuvenating acupuncture treatments with this special wellness package. Available options include 3, 5, and 7 days complete with a personalized consultation and daily acupuncture sessions. This must have experience is sure to refresh the mind and body from head to toe.

3 Day Package

USD 400 per person

(includes personalized consultation + 3 acupuncture sessions)

5 Day Package

USD 645 per person

(includes personalized consultation + 5 acupuncture sessions)

7 Day Package

USD 900 per person

(includes personalized consultation + 7 acupuncture sessions)



GENTLEMEN'S RETREAT

MAGNESIUM MASSAGE

60 minutes | USD 240 per person

90 minutes | USD 310 per person

This revitalizing wellness treatment promotes detoxification and healthy energy levels to improve sleep, muscle function, and overall well-being by replenishing commonly deficient magnesium levels.

EXPRESS DE-STRESS REMEDY

30 minutes | USD 100 per person

45 minutes | USD 145 per person

This treatment targets key areas like head, neck, and shoulder tension with aromatherapy and acupressure to clear the mind, promote relaxation, and ease stiffness and pain. It concludes with a comforting, quick, and intensive hair repair massage.

Please be informed that the 30 minutes treatment will not include a hair repair session.

GENTLEMAN'S PURIFYING FACIAL

60 minutes | USD 200 per person

A deep cleansing, therapeutic facial designed especially for the skin care needs of men. This luxurious treatment relaxes the skin as it refines pores and includes a deep purgative mask specially designed for sensitivity and razor burns.

TURKISH SALT SCRUB

60 minutes | USD 200 per person

An invigorating and re-mineralizing exfoliation experience using thermal salt, natural minerals, and a loofah scrub to thoroughly energize and smooth the body. The treatment will then take you for a quick rinse and conclude with an application of silky, satin lotion and a hydrating lavender body lotion.

IRIDIUM BLUE HOLE EXPERIENCE

45 minutes | USD 75 per person (Group Session)
45 Minutes Private Session | USD 180 per couple

Unwind yourself in our Blue Hole hydrotherapy pool with a spectacular view of the Indian Ocean that incorporates gentle and more powerful jets of water massages. This delivers exceptional therapeutic properties for the body with cleansing of the skin. The warm salt water helps relieve pain and induces muscle relaxation. It also increases buoyancy which in turn gives a greater range of movement.

IRIDIUM SIGNATURE BATH RITUALS

DIVINE DUO
40 minutes | USD 400 per couple

Rekindle the romance as you smooth each other's skin with a natural pure rose oil. Relish the moment with a private view of the beautiful Indian Ocean while sipping Champagne complemented by fresh berries.

PURE PARADISE
40 minutes | USD 400 per couple

Relax and calm your spirit by sinking into the soothing bliss of an aromatherapy bath along with Champagne and our homemade chocolate lollipops to elevate the experience.

SALON

SERVICES

DURATION

PRICE (USD)

HAIR SERVICES

Ladies' Cut and Style	90 minutes	150
Men's Cut and Style	60 minutes	95
Children's Cut	60 minutes	60
Shampoo and Blow Dry	90 minutes	160

EXPRESS NAIL SESSIONS

Express Manicure	30 minutes	100
Express Pedicure	30 minutes	115
File and Polish	45 minutes	140

CLASSIC NAIL SESSIONS

Classic Manicure	60 minutes	200
Classic Pedicure	75 minutes	240

MAKE UP SERVICES

Express Look	45 minutes	75
Bridal Makeup	150 minutes	200

KIDS SPA MENU

KIDDY MASSAGE

60 minutes | USD 240 per child

Gentle full body massage using virgin coconut oil leaves young VIP's blissfully relaxed after island playtime.

COCONUT PLUSH

45 minutes | USD 145 per child

A nourishing and rehydrating blend of freshly grated coconut and coconut milk powder to gently refine the texture of young skin. Followed by application of virgin coconut oil to end the treatment.

PEPPY FACIAL

30 minutes | USD 100 per child

Surrender to this invigorating facial treatment loaded with fresh avocado, honey and a yummy chocolate mask. A wonderful refreshing treatment perfect for after a day playing in the sun.

HAPPY FAMILY

75 minutes | USD 260 per person

Special treatment to build a stronger bond between you and your little ones, enjoy a 75-minute relaxing full body massage with chocolate face mask.

MAGICAL MANICURE & PEDICURE

60 minutes | USD 220 per child

A relaxing hand and foot massage with organic lavender lotion, paying special attention to little toes and fingernails, then finishing off with a fresh coat of your favourite nail polish or nail art.

TIME TO SPA

Daily 11:30 am - 8:30 pm

SCHEDULING AN APPOINTMENT

To schedule an appointment for your preferred treatment, please inform your personal St. Regis Butler. To ensure your preferred time and service is available, we recommend booking in advance. All spa appointments and packages are subject to availability and a cancellation policy.

SPA ETIQUETTE

To maintain peaceful atmosphere and to respect other guest's right to privacy, we kindly request that your mobile phone and other electrical equipment are silenced or switched off when you arrive at the spa. The Iridium Spa team reserves the right to ask you to do so whilst in the spa.

ARRIVAL TIME

We recommend that you arrive 15 minutes prior to your first scheduled appointment. This will allow us time to discuss your requirement. Please note, late arrivals will not receive an extension of scheduled treatment if we have other guests scheduled immediately after your appointment.

SPA ATTIRE

Changing locker facilities are available in our changing rooms as well as inside the treatment rooms, where bathrobes, slippers, and disposables are provided for added comfort.

RESTRICTION ON THE USE OF SPA AND FACILITIES

The use of alcohol and tobacco are strictly prohibited.

PRICES

All prices are quoted in US dollars and are subject to 10% service charge and applicable government taxes which may change at any time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation. This will allow us to assist you in selecting the best experience for you and allow us to prepare any amendment that may need to be made to a treatment room or room set up.

MINIMUM AGE

Guests of Iridium Spa must be 16 years old and above to access or use the spa facilities and treatment. Should you require assistance with childcare, please allow us to assist you in making the necessary arrangement prior to arriving for your treatment.

CANCELLATION POLICY

Should you need to cancel, reschedule or make any changes to your treatments, an 8-hour notice is required before the scheduled treatment. A 100% cancellation fee will apply for appointments cancelled within 8 hours. Late arrivals will shorten your treatment time.

VALUABLES

Iridium Spa at The St. Regis Maldives Vommuli Resort is not responsible for any loss of valuables at any time on the spa premises. We advise that you leave valuables in the safe in your guest room. Please ensure any valuables put in your robe pockets are removed after your treatment. Lockers in the changing rooms and treatment rooms are provided for temporary holding of personal belongings.

LOST PROPERTY

Any valuables left behind are handed over to the hotel lost and found department and we have no liability for such items.

ST. REGIS IRIDIUM SPA

We are delighted to help you with any inquiries. Should you need further assistance, please contact your personal St. Regis Butler.

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